Carrots are root vegetables that are most commonly orange in color but do come in varieties that include purple, yellow, red, and white.

Ways to Prep Carrots:

**Safety first:** Wash the carrot under clean water. It is a good practice to use a vegetable brush to lightly scrub. Remember to avoid bare hand contact with any ready to eat food.

Use the right knife for the job: A Chef’s Knife.

Ways to Cook Carrots:

**PAR-COOK:** Use either boiling water or steam. Cook for about 2 to 5 minutes (depending on the size). Then, immediately remove from heat and cool down in an ice bath to stop cooking. This is still considered raw but is a bit more tender and the flavor is enhanced. Also, it is a great starting point prior to other cooking methods.

**BOIL:** In a large pot, bring lightly salted water to a boil and add cut carrots. Depending on the cut, the length of cook time will vary. Remove when fork or knife tip can easily pierce the carrot.

**STEAM:** Place carrots in a perforated pan in a single layer. Place in steam for 6 to 8 minutes, being careful not to overcook.

**SAUTÉ:** (Stir-fry) In a skillet, heat olive oil. Then, add par-cooked carrots (thinner cuts work best) and cook for 3 to 5 minutes while constantly moving the carrots around. Season to taste. Result should be al dente with a start of browning on the edges.

**ROAST:** Toss larger cut carrots in olive oil and lightly season with salt and pepper (and any other desired seasoning). Place in a single layer on a lined sheet pan. Place into a 450° degree oven for 15 minutes. Turn the carrots and cook another 10 minutes (brown and crisp around the edges). For thicker cuts, par-cooking will speed up the cooking process.

**RAW:** Eat carrots as a salad or a snack with a dressing or hummus dip.

**ADDITIONAL USES:** Carrots can also be run through a juicer or cooked down then pureed.

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